



### EVEREST KALA PATTAR TREK 17 DAYS

With eight of the world's ten highest peaks, Nepal is loaded with spectacular mountain vistas. The Everest trek is justifiably famous, not only for its proximity to the world's highest mountain but also for its friendly Sherpa people, picturesque villages, great variety of cultures and traditions, colourful festivals and monasteries. The Sagarmatha National Park is rich with flora and fauna, but the existence of the yeti remains a mystery.

#### DAY 1: Arrive in Kathmandu (1330m)

Met on arrival and transferred to your hotel. You will meet your group leader and a pre-trek briefing will be given in the afternoon at the hotel.

#### DAY 2: Day at leisure in Kathmandu

After a gear check, any necessary items will be hired or purchased. Local sightseeing can be arranged by our office in Kathmandu.

#### Day 03: Kathmandu - Lukla - Phakding

Fly to Lukla and start trek. The trail climbs for about an hour after Puiyan to a ridge at 2800 metres, then up to another ridge, passing the path to Lukla airport, after which we climb on to Phakding.

#### Day 04: Phakding to Namche Bazaar

The trail continues north up the Dudh Kosi valley to Jorsale, where the trail officially enters the Sagarmatha National Park. There is an entrance station just beyond the village where trekking permits are checked and National Park fees collected. We continue along the trail, cross the Bhothe Kosi River and climb steeply to Namche Bazaar 3500 m.



Remember to look out for glimpses of Mt. Everest early on the trail.

## **Day 05: Rest day for acclimatisation.**

We have a rest day in Namche Bazaar to acclimatise. This town, the hub of Sherpa society, is the administrative centre of the Khumbu region and has a police checkpost (we must all register there), the headquarters of the Sagarmatha National Park, a bank, several shops selling items of every description and a proliferation of Sherpa inns. We spend the day relaxing or exploring the town.

## **Day 6: Namche to Tengboche**

From Namche a steep one hour climb to Syangboche (3720 m) provides excellent views of EVEREST and Ama Dablam. From there we descend to Punki Thanka via Khumjung, then the trail climbs through forests where you can spot musk deer. Tengboche sits on a saddle at 3870m in a clearing surrounded by dwarf firs and rhododendrons. Kwangde (6187m,) Tawachhe (6542m) EVEREST (8848 m) Nuptse (7855m,) Lhotse (8618m,) Ama Dablam (6856m) Thamserku (6608m) provide an inspiring panorama of Himalayan giants. We visit the monastery at Tengboche, the largest in Khumbu region.

## **Day 7: Tengboche to Dingboche**

It is a short, steep and muddy descent to Deboche through a forest of birches, conifers and rhododendrons. We then cross the bridge and ascend through the forest, past magnificently carved mani stones to Pangboche at 3860m. Then the route enters alpine meadows above the tree line before reaching Dingboche at 4240m.

## **Day 8: Dingboche to Lobuche**

The trail ascends the broad, gently sloping valley and climbs steeply into the terminal moraine of the Khumbu glaciers. It then crosses the bridge and climbs higher on the moraine to a row of stone monuments erected in memory of many Sherpas and foreign mountaineers who have died climbing Everest before reaching Lobuche (4930m.)

## **Day 9: Lobuche - Gorak Shep - Kala Pattar - Gorskhep.**

The trail from Lobuche follows the grassy ablation valley with great views of Pumori then crosses a tributary glacier to reach the dry lake bed of Gorak Shep. We then climb the 5545m Kala Pattar for incredible views of Everest and Everest Base Camp.

## **Day 10 Return trek to Pheriche**

## **Day 11 Return trek to Tengboche**

## **Day 12 Return trek to Namche**

## **Day 13 Return trek to Phakding**

## **Day 14 Return trek to Lukla**

## **Day 15 Fly to Kathmandu.**

**Day 16 Free day in Kathmandu.** This day can be used if in case of flight cancellation.

## **Day 17 Free on your own.**

### **THE TREK**

The trail leads off the end of the Lukla airstrip and ascends to join the main trail to Namche Bazaar meandering in an out of many valleys as it climbs gradually up, following the Dudh Khosi to its junction with the Bhote Khosi and on up the steep ridge, our first glimpse of the world's highest peak - Everest, flanked by Lhotse and the Nuptse ridge, Himalayan giants in their own right, before we arrive at the Sherpa 'capital' of Namche Bazaar at 3440m. We have a rest day here for acclimatization and to allow you time to explore this very traditional Sherpa village. There are a number of side trips which can be done out of Namche on this day and your Leader or Guide will arrange this if you are interested. A walk up to the Sagmartha NP Hq. is strongly recommended, as it offers well displayed information on the history and culture of the Everest region as well as spectacular views of the Everest massif. If you wish, you may simply relax and enjoy the 'luxuries' of Namche - cold beer, chocolates hot cinnamon rolls etc. You will probably want to stock up here for the next stage of the trek, as above Namche there is little to buy.

After Namche we head onto Thyangboche, a tiny village at 3860m. Which is the site of the famous monastery and Sherpa Cultural Center with the classic and gigantic Mt. Ama Dablam standing

# Footprint Itinerary

Page 3 of 3



sentinel to the valley below. On the trail up to Thyangboche keep your eyes open, as you may be lucky enough to catch sight of a musk deer or the Himalayan pheasant, Nepal's national bird.

On from Thyangboche, by about half a day's walk is Pangboche, where on show in one of the local gompas is the so-called Yeti scalp. The local monk will probably ask for a donation before showing you the scalp but remember that this is one of their few opportunities to get much needed funds to maintain the monastery.

Here we are really in the heart of the high, vast terrain that surround Everest and the other peaks of the region. There is little agriculture and the lives of the Sherpa people are spartan by any standards. From Orsha we walk to Dingboche - a village of stone houses, just beneath the most difficult to climb north face of Ama Dablam. Temperatures drop dramatically in this area, in winter, daytime temperatures are around 15 degrees C and can drop to as low as -15 degrees or even lower at night. Although autumn and spring are somewhat warmer, one should be prepared and have adequate warm clothing, so make sure you carry your down jacket in your day pack. Even though much of the walking in this area has a comparatively gentle gradient, we are now into higher altitudes and walking days are relatively short to allow safe acclimatization.

From Dingboche 4300m we proceed, via Dughla, to Lobuche 4930m. This is just a couple of stone houses in an icy, yet spectacular wilderness. In winter, some of this day's walking will be beside and across a frozen river, the Khumbu Khola, which we follow up to Lobuche. From the top of a ridge behind Lobuche is a breathtaking view of the Khumbu Icefall, Pumore and many other peaks. From Lobuche we will attempt to reach the top of Kala Pathar, boasting

astounding views - Everest, Nuptse, Pumori and countless lesser-known peaks, the Khumbu Icefall and to the north, Tibet!

**It is important that if you show signs of altitude sickness you MUST inform your Sirdar or Guide immediately. Chances are that you will have no problems reaching 4000m but after that point walking will become increasingly difficult and if you show signs of acute mountain sickness it is essential that you descend immediately.**

The last days of the trek involve a leisurely walk back down to Namche retracing our previous approach trail to Everest. Then it is back to Lukla and the spectacular flight back to Kathmandu. However, please bear in mind that it is not uncommon for flights to be delayed due to weather or unavailability of aircraft.

**Important:** Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

**All itineraries are subject to change without prior notice.**